



暑中稽古

GOTHENBURG
INTERNATIONAL
SHOCHU-GEIKO 2016

An intensive mid-summer Aikido week in Gothenburg, Sweden

July 4 – 8, 2016

with

Shihan Ulf Evenås, 7 Dan

Gothenburg Aikido Club has a long tradition of organizing both mid-summer and mid-winter training, shochu-geiko and kan-geiko. For 18 years Aikidoka from all over the world have been coming to these events to train under the supervision of Ulf Evenås Sensei.

Ulf Evenås Sensei will teach Takemusu Aikido – taijutsu, ken and jo, as learned directly from Morihiro Saito Shihan as a close student for 29 years. We will practice bukiwaza (ken and jo) as described in the five Mokuroku (transmission scrolls) and its variations. We will practice taijutsu from basic to ki no nagare and its variations, and explore the relationship between ken, jo and taijutsu (riai).

The event is open to everyone regardless of style and rank. You can stay in- or outside the dojo. You will train together with, and receive support from, highly qualified Aikidoka both from Gothenburg Aikido Club and all over the world.

We will practice at Frölunda Judo Club with 360 square meters of tatami, a fully equipped kitchen, and outdoor practice of ken and jo. From the dojo it's walking distance to one of the best beaches in the Gothenburg area, it's close to a shopping center, and the public transportation to the central part of the city is excellent.

Welcome,
Ulf Evenås & Gothenburg Aikido Club



師範
ウルフ
エベノース

合氣道

GÖTEBORGS
AIKIDOKLUBB



THE PROGRAM

- Location** Frölunda Judo Club, Klubbvägen 35 (house no. 8), Västra Frölunda.
- Time** July 4–8, 2016
- Daily schedule** There will be four classes a day – ken, jo and taijutsu. On Monday there will be a welcome party and on Friday a sayonara party.
- Fee** One week SEK 1.100 (€ 120). Payment on arrival.
- Other** Bring bokken and jo. Participants traveling by airplane can borrow weapons. All participants must be fully insured. Selling, advertising, and filming/photography during the sessions is forbidden without permission.
- Enrolment** Info and enrolment: phone: +46 705 255569 or info@takemusuaido.org
Deadline for registration: 2016-06-29.
- Accommodation** Frölunda Judo Club: 450 SEK per week (six nights). Bring sleeping bag.
Gothenburg Aikido Club: 300 SEK per week (six nights). Bring sleeping bag.
Hotel Mölndals Bro: (<http://www.hotelmolndalsbro.se>), or +46 (0)31- 870120
980 SEK/night for a double room, and 850 SEK/night for a single room.
Declare "Aikido" when registering
Ibis Hotel: <http://www.ibishotel.se/goteborg-molndal/> Idrottsvägen 6, Mölndal, +46 (0) 31-679630,
Göteborgs Vandrarhem: Mölndalsvägen 23, +46 (0)31-40 10 50, www.goteborgsvandrarhem.se
More suggestions at <http://www.goteborg.com/en/>.
If you need any help – contact us!

Ulf Evenås

Ulf Evenås is a 7th dan Aikikai and an Aikikai Shihan. He also received a 7th dan and Shihan in Iwama Takemusu Aikido directly from Morihiro Saito Shihan, and was Saito sensei's personal representative. Ulf Sensei has a full teaching certification in Bukiwaza with all five Mokuroku from Morihiro Saito Shihan. He is the only person in the world with all these credentials.

Ulf Sensei is one of the most qualified and experienced Aikido teachers in the world and has been invited to teach more than 700 seminars in more than 20 countries on five continents. Ulf Sensei has also often been used as the International Aikido Federation's (IAF) representative to teach and to make demonstrations at international events.

Gothenburg Aikido Club

The Gothenburg Aikido Club is one of the oldest Aikido Clubs in Scandinavia, with its roots in the 1960's. It began training Iwama Takemusu Aikido in 1969, and with more than 45 years of experience in Traditional Aikido, the club is the oldest existing Iwama "style" dojo outside Japan. Read more at: www.goteborgsaikidoklubb.se